

# Italian Lentil Pasta

## Ingredients:

Vegetable oil	1 tablespoon
Onion, diced	1 medium
Carrot, diced	1
Celery, diced	2 stalks
Water	2 ½ cups
Red lentils	1 cup
Tomato sauce	1 can (680 mL)
Garlic powder	1 teaspoon (or use 3 cloves garlic, minced)
Parsley, Oregano, Basil	2 teaspoons of each
Salt	½ teaspoon
Cayenne pepper (optional)	¼ teaspoon
Whole wheat rotini pasta*	1 box (375 grams)



\*Any shape of pasta can be used instead of rotini, e.g. macaroni, spaghetti, penne

## Directions:

1. In a large pot over medium heat, add oil, onion, garlic, carrot and celery. Cook until vegetables are soft.
2. In a strainer, rinse red lentils under cold water. Add 2½ cups water and lentils to the pot. Bring to a boil, then cover and cook on low heat for 10 minutes, or until lentils are soft.
3. In another pot of boiling water add pasta. Cook for 9 to 11 minutes until pasta is tender. Drain pasta.
4. In the pot with lentils, add tomato sauce, garlic, parsley, oregano, basil, salt, and cayenne pepper. Reduce heat to low, cover with a lid and cook for 15 minutes. Stir occasionally. (It will burn if cooked on a high heat.)
5. Serve sauce over pasta.

## Serves 6

### ***Did you know?***

- Lentils are great source of iron. Soft, pureed lentils can be given to a baby at 6 months.
- Whole wheat pasta has more fibre than white pasta, and takes only a few minutes longer to cook. How do you know when pasta is cooked? The only way to know is to taste it!